Oxygen Plus (O+) is portable, recreational oxygen – a GREAT stocking stuffer for the athlete / outdoor enthusiast in your life. Each canister consists of 95% pure oxygen, which can be inhaled through the nose or mouth to help users: relax and unwind, expand their mind, increase focus and mental clarity, recoup from late nights, altitude + pollution. Perfect for after a workout, hike or simply as an energy booster. O+ is available in three flavors: Natural, Peppermint and Pink Grapefruit.